







TUESDAY, DECEMBER 13, 2005



**A FILIPINO farmer, covered with imported vegetables, plays dead to dramatize the alleged ill-effects of the upcoming sixth World Trade Organization Ministerial Meeting in Hong Kong during a rally in Manila Monday.**

AP

# 700 Pinoy activists join HK march today

By Blanche S. Rivera

HONG KONG (via PLDT)—SEVEN hundred Filipino fishermen, farmers, economists and lawmakers will march with some 7,000 other protesters from all over the world when the sixth Ministerial Conference of the World Trade Organization (WTO) opens at Wan Chai Convention Center here today.

From Wan Chai Causeway, where there will be a fluvial parade of some 400 Southeast Asian fishermen led by the Philippines, to Victoria Park, where the protesters will converge for the big march, the world's trade leaders are bound to hear the call for better and fairer trade.

"We came here today not as potential troublemakers, but as a nonviolent group that will engage in peaceful protests to air our grievances, and no amount of delay, harassment and discrimination from the host country can deter us," leaders of Kilusang Mangingisda (Fisherfolk Movement) from the Philippines said in a press briefing yesterday.

Militant Filipino groups and technical advisers of the Philippine negotiating team to the WTO agreed no deal was better than more onerous agreements in agriculture, industries and services that have plunged poor countries into trade deficits.

Filipino legislators representing militant party-list groups like Satur Ocampo and Teddy Casiño are also here.

The Hong Kong People's Alliance, coordinator of all anti-WTO activities here, said the demonstrations this week would be the biggest international

protests to be staged in this cosmopolitan territory of nearly seven million people.

"Our voice is very, very strong this time. It should be stronger than in Cancun [Mexico]," HKPA coordinator Mabel Au told the INQUIRER yesterday by phone.

The HKPA estimated 600-700 Filipinos would join the march from Victoria Park to the Wan Chai area at 2 p.m. today.

"The Filipino group is one of the big groups. It's second to the Koreans," Au said.

The Southeast Asian Fish for Justice Network (Seafish-J) has secured a permit and three boats to carry its members from the Philippines, Indonesia, Thailand and Cambodia on the two-hour fluvial parade which starts at 10 a.m.

"Up to now, we don't see any possibilities of coming up with good agreements in the WTO," said Au, when asked the chances the Hong Kong Ministerial would collapse like the Cancun meeting did in 2003.

Developing countries are demanding cuts in the government subsidies the United States and the European Union give to their farmers and fishermen. This allows the rich countries to export agricultural and industrial products at much lower prices, slowly killing the industries in the poor countries.

"The protests against the AoA (Agreement on Agriculture) are widespread. The greatest number of the world's peoples make their living in agriculture, and the WTO's moves to fully liberalize the sector has caused global outrage," said Carol Araullo, vice chair of the International League of People's Struggles and chair of Bagong Alyansang Makabayan.

# Bird flu affects pigs, too

By Edson C. Tandoc Jr.

NOT EVEN PIGS WOULD BE SAFE.

The dreaded avian flu can be transmitted not only to other birds and humans but pigs as well.

Once this happens, the virus could mutate into a more dangerous strain and finally start a pandemic, rapidly transmitting an unknown virus to humans, Philippine Council for Health, Research and Development Director Jaime Montoya said yesterday.

Montoya was one of the three speakers at a forum on avian flu at United Laboratories in Mandaluyong City.

So just as humans are taking precautions when handling birds and poultry, so should hog growers also protect their pigs.

"If possible, pigs should not be allowed to get in contact with chickens or migratory birds," Montoya said.

He said pigs could be infected both by birds and humans with the virus.

But once in a host pig, "the virus could exchange genes so the final virus could have the characteristics of both."

This would result in a new virus that could be transmitted between humans and catch the world unprepared, Montoya said.

There have been several cases

of the virus being transmitted from birds to humans, a few ending in death, but there have been no cases of human-to-human transmission recorded yet.

The Philippines remains bird flu-free but Montoya said "the threat is always there."

He said the best the country could do was to prepare.

The forum was attended by hundreds of medical practitioners, some through video phone patch from Cebu, Davao, Cagayan de Oro and Baguio cities.

"This is still part of our preparedness campaign. We are starting with our health workers, giving them proper and correct information," Emerging Diseases Infectious Diseases Office Program Manager Luningning Villa, one of the forum speakers, told the INQUIRER.

Health experts earlier said a bird flu pandemic was "inevitable."

"A pandemic starts when a new virus unknown to human beings is transmitted," World Health Organization Philippine Representative Jean-Marc Olive said.

To prevent this, the current bird flu problem has to be controlled, he said.

Olive said countries should closely coordinate efforts to wipe out the disease and avoid hiding cases, especially if human-to-human transmission breaks out.



# It's Garci's voice on tape, says sound expert

By Philip C. Tolosa

ITS FORMER ELECTION CHIEF, Vinicio Carandang, says on the "Hello Garci" tapes, which he claims to be the "original" in a press conference on June 6 was the one that was "spliced" or edited.



Carandang, former election chief, says the "Hello Garci" tapes he claims to be the "original" in a press conference on June 6 was the one that was "spliced" or edited.

"I am 21 years of experience with audio and I know the 'Hello Garci' tapes are definitely done of President Marcos' voice," Carandang said in a press conference with opposition leaders at the House of Representatives.

Carandang said he had heard

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"Originally, Carandang is being taken for a ride by the media," Carandang said in a press conference with opposition leaders at the House of Representatives.

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# Ex-Isafp chief's silence baffles GMA supporters

By Victor J. Dela Cruz

Several administration and opposition sources in the House of Representatives noted that up to now, the retired Isafp deputy chief has not said anything to clear up the swirling mystery despite his having been the head of the military's intelligence unit.



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# AFP: We're doing probe

By Victor J. Dela Cruz

new election Commission officials

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# Cable pilferage traced to rising copper prices

By Victor J. Dela Cruz

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# ENTERTAINMENT

Get on your Southside tonight and celebrate the company's 20th birthday

John Serrano & Vito de

## We're 20!

**H**APPY voices failed to dampen the spirits of Philippine Daily Inquirer's employees, who celebrated the company's 20th anniversary on Friday night with lots of singing and dancing.

The capitol was transformed into a club scene's venue—a white air-conditioned tent with the Inquirer stage and professional sound system. Guest artists, including Gary Valenciano, Popo Fernandez, Kyle and The Chameleons, performed 100 employees as they partied all midnight.

Actress Ingrida, Geylaned, and Shalela, Mary Morales and Jerky 'Wanna also turned up to the celebration.

Actress Ingrida, Geylaned, and Shalela, Mary Morales and Jerky 'Wanna also turned up to the celebration.

True to the anniversary theme, "Inquireable at 20," announcements from Advertising and Editorial departments depicted the Inquirer through its 20 years.

Hosts of the show were Justin Benavides, VP for Clientele, Ruth Navarrete, editorial assistant (Inquirer), and Carlo Morales, assistant executive (Inquirer).

Marked B.



POPO FERNANDEZ, rocking his little black dress, gives solo concert alongside the '90s.

Photo: J. Serrano



GARY VALENCIANO rocks the crowd with "Panasin."

Photo: J. Serrano



KYLE TURNED up with her dad, mom and boyfriend, who rock the band.

Photo: J. Serrano



KIZA BICOLANDIA, covered herself

Photo: J. Serrano

# The World

Editor: Lorraine B. Givens

## Blasts set off massive fire near London

**HEMEL, HEMPESTAD, ENGLAND**—A MASSIVE fire was still raging late on Sunday after explosions ripped through a key British oil depot, sending orange fireballs and thick black smoke into the sky at southern England.

Police reported that about 40 people were injured in what appeared to be the first explosion, which occurred at the Hemel Hempstead depot, one of the largest of its kind in the United Kingdom. The depot is owned by the British Petroleum (BP) company, which is a subsidiary of the British Petroleum Group.

Initially, there was a suspicion that a lightning bolt caused the explosion. However, it was later confirmed that the explosion was caused by a gas leak. The gas was leaking from a storage tank, which was damaged by a lightning bolt. The gas then ignited, causing the explosion.

The explosion was one of the largest in the history of the United Kingdom. It was caused by a gas leak from a storage tank, which was damaged by a lightning bolt. The gas then ignited, causing the explosion. The explosion was one of the largest in the history of the United Kingdom.

As a result of the explosion, the depot was closed for several days. The depot is a key facility for the British Petroleum Group, and it is used to store and transport oil. The explosion was a major disaster, and it caused significant damage to the depot and the surrounding area.

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There have been other large oil depot explosions in recent years. In 2005, a large oil depot in the United States was destroyed by a lightning bolt. The explosion caused significant damage to the depot and the surrounding area. The depot was a key facility for the United States, and it was used to store and transport oil.

## Nigerians demand answers after plane crash

**FORT WASHINGTON, PENNSYLVANIA**—Eighteen demand answers for the crash of a Nigerian Airlines plane that crashed in the Atlantic Ocean last week. The plane was carrying 117 people, including 100 Nigerians. The plane was flying from Lagos, Nigeria, to Fort Worth, Texas. The plane crashed into the Atlantic Ocean about 100 miles off the coast of Nigeria.

The crash of the plane was a major disaster, and it caused significant damage to the plane and the surrounding area. The plane was a key facility for the Nigerian Airlines, and it was used to transport passengers and cargo. The crash was a major disaster, and it caused significant damage to the plane and the surrounding area.

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## 4 die in Japan's latest suicide pact

**TOKYO**—THREE MEN AND A woman were found dead from a suspected suicide pact in Japan's latest reported suicide pact. The pact was reported by the Japanese media. The pact was reported by the Japanese media. The pact was reported by the Japanese media.

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## Rights group says top Sudan leaders ordered Darfur crimes

**UNITED STATES**—A human rights group has accused Sudanese President Omar al-Bashir and other top Sudanese leaders of ordering the crimes in Darfur. The group is the Human Rights Watch. The group is the Human Rights Watch. The group is the Human Rights Watch.

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## Race tensions spark Sydney beach violence

**SYDNEY**—RACIAL TENSION erupted on a beach in Sydney, Australia, on Sunday. The tension was caused by a dispute over a piece of land. The tension was caused by a dispute over a piece of land. The tension was caused by a dispute over a piece of land.

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## Farewell to red symbol of London

**LONDON**—THE RED BUS, THE symbol of London, is set to be replaced by a new symbol. The new symbol is a red double-decker bus. The new symbol is a red double-decker bus. The new symbol is a red double-decker bus.

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## China arrests official over shooting at demonstration

**BEIJING**—A CHINESE OFFICIAL was arrested on Sunday for shooting at a demonstration. The official was arrested for shooting at a demonstration. The official was arrested for shooting at a demonstration. The official was arrested for shooting at a demonstration.

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PHOTO: A large fire at an oil depot near London, with thick black smoke rising into the sky.

PHOTO: A group of people standing in front of a large pile of debris, likely the wreckage of the Nigerian Airlines plane.

ONE OF THE RED DOUBLE-DECKERS, THE symbol of London, is set to be replaced by a new symbol.



TUESDAY,  
DECEMBER 13, 2005

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# Japan ends 2-year ban on US beef

TOKYO—JAPAN GAVE THE FINAL GO-AHEAD Monday to resume imports of some US beef after a two-year ban over mad cow disease, averting a potential trade war between the close political allies.

But it remains to be seen if the decision will bring closure to the drawn-out saga, with only a small amount of US beef set to return to the shelves in what used to be the US industry's biggest overseas market.

Japan said it would send inspectors to North America to ensure compliance with Japanese safety guidelines—that the slaughtered cattle be no more than 20 months old and risky parts of their bodies removed.

The United States rejoiced in the victory—and set its sights on other Asian countries that halted US imports in the health scare.

“Now is the time for Taiwan, South Korea, Hong Kong, Singapore and others to open their markets to US beef,” US Agriculture Secretary Mike Johanns said in a statement.

But even in Japan, the lifting of the ban may not appease disgruntled US farmers and politicians, with Japan expected only to import a fraction of the beef it once took in.

Consumer groups have called for labels identifying North American beef and polls show that many Japanese will not start eating it again any time soon.

A survey published by Kyodo News last week showed 75 percent of Japanese surveyed would be unwilling to eat the beef, with many saying they would keep buying the meat from Australia—the biggest beneficiary of the US beef ban.

Japanese officials insisted to a wary public that they did not succumb to political pressure.

“We were able to make progress from the scientific point of view without being affected politically,” Vice Agriculture Minister Mamoru Ishihara said.

Yoshinoya, a popular fast-food chain which stopped its signature dish of seasoned beef on rice due to the ban, said it would take at least two months to buy US beef again.

“We’d like to resume beef dishes as soon as possible but even after we start it will be limited due to the partial resumption of beef imports,” Yoshinoya spokesperson Eiko Tanisawa said, referring to the age restrictions on slaughtered cattle.

The United States has already sought to relax the Japanese rules by raising the age of slaughtered cattle to 30 months old—a proposal rejected by Tokyo.

“We hear through the media that the US may want to export beef 30 months or younger but the US side has accepted the conditions presented by Japan,” Senior Vice Agriculture Minister Mitsuhiro Miyakoshi told reporters.

Japan barred imports of US beef in December 2003 after cases of mad cow disease, formally known as bovine spongiform encephalopathy (BSE), were discovered in cattle in the country.

It was a devastating blow to the US farming industry as Japan was the number one overseas market for its beef, buying \$1.7 billion worth in 2002. Japan had imposed a similar ban on Canadian beef in May 2003.

The United States has applied intense pressure on Japan to resume beef imports, with the issue consistently raised in visits by US envoys to Washington's closest Asian ally. **AFP**

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**Across the NATION**  
 (This is your first look at the news coverage of the 2007 election in the Philippines. Read it before the election.)

# Army says MILF recruiting more men

**ZAMBOANGA CITY**—THE MILITARY YESTERDAY warned the Moro Islamic Liberation Front (MILF) against continued recruitment and training of new members, saying it was "preparation for war."

Senior Command Chief Lt. General Edilberto Alano said the training and recruitment "are not just for preparation for war but also to be used as a weapon for the organization's attack on the prospective political

system at large."

But the MILF denied the charges, saying Alano's statements "are only for the purpose of the press."

Alano, in a press briefing yesterday morning, said the purpose of the training is "to train

men in the use of arms" and to enhance the military skills of the MILF's regular members and maintain their war posture.

Alano also said that the MILF's training is "not for the purpose of the press."

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## Army exec faces raps for Maguindanao demolition

**DAVAO CITY**—A military officer is facing charges for the demolition of a house in Maguindanao, which was the site of a shooting that killed a police officer.

The officer, who is a senior executive of the Philippine Army, is accused of ordering the demolition of the house without proper authorization.

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A photograph which was displayed on the wall of a church in Zamboanga City, Philippines, showing a group of people, including children, standing in front of a large, ornate structure that appears to be a church or a monument.

## Floods, landslides isolate 3 Aurora towns

**ALABANG, CALABARZON**—Heavy rains and strong winds have caused flooding and landslides in three towns in Aurora, isolating the residents.

The towns are San Mateo, San Jose, and San Antonio. The roads connecting them are now impassable.

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## Gov't backs white shrimp culture

**MANILA**—THE BUREAU OF FISHERIES AND AQUACULTURE (BFA) yesterday announced that it will support the development of white shrimp culture in the country.

The BFA said that it will provide technical assistance and financial support to farmers who are interested in white shrimp culture.

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<http://www.inquirer.ph/metro> (Metro) or 433 (Metro)

# Fake dollar bills, bank notes seized

By Margaree C. Ortiz

SEIZURE OF FIVE US DOLLAR BILLS, partially the following:

The National Bureau of Investigation (NBI) seized five hundred to the public yesterday as its agents arrested two members of a syndicate involved in the printing of counterfeit dollar bills last week.

Edgardo Reyes, 44, of Lot 17, Block

40, P.O. Box 1000, Manila, Calabarzon City, and Francisco Imperial, 40, of Agila 1000, Marikina, Pinar City were arrested during a buy-bust operation at 1000 on Friday last.

Seized items were \$100 bills in fake currency notes, and \$100,000 in counterfeit dollars, NBI National Capital Region chief Paul

Sanchez said.

NBI NCR executive officer Francisco

Sanchez and the suspects with the bills in \$100,000 per bundle.

"They are the kind to purchase goods during the Christmas season, visiting restaurants and shopping malls," he said.

Sanchez said they were investigating the source of the fake \$5 dollar bills and currency notes, adding that based on their information, the counterfeit money came from Mindanao.



**METRO** Bureau of Investigation Assistant Director Victor Francisco presented to the media two captured members of a gang involved in printing fake US dollar bills. (NBI photo)

## Isafp doesn't have bugging equipment

THE NEW PEOPLE'S ARMY (NPA) MAY BE expected to agree to a Christmas truce because they have the opportunity in fighting government troops.

According to NPA guerrillas have to combat in the deaths of a number of soldiers. There were no reported fatalities on the side of the NPA in these encounters.

In, why does the government expect the communist guerrillas to not make them come during the holiday season when they have gained momentum?

The government is preparing for a counter-offensive to a potential escalation.

There will government troops again the opportunity in fighting the communist guerrillas. By continuing the battle on their. The army standing their ground, embracing their people, waiting them up while in the houses of their sympathizers, and at times people who give them shelter.

Government troops should chase the NPA wherever they are. The insurgents can't stage ambushes while they are on the run.

The problem with most government troops is that they're lazy. They are inside their camps, stations or detachments, waiting for the money to attack instead of being in the fight in the country.

Investigating mostly by using troops and the Special Action Force of the Philippine National Police.

The Maranao, I understand, commonly conduct payoffs against the insurgents in areas where there are NPA but they operate in big groups so that they're really detected. The last time the Maranao for paying in big numbers because that's their aim. They are often in in big numbers, and in payoffs conduct involving only a handful of men.

But the army, which has the Special Rangers and the Special Forces, should go on perimeter payoffs against the NPA. Rangers and Special Forces, as well as regular troops, can be in small groups to run after NPA squads.

Unless government troops bring the fight to the NPA, the insurgents will keep attacking them without let up.

A truce takes place when both parties believe in conflict agree to lay down their arms.

In, the best with the communist. The government should not buy in a Christmas ceasefire because it's showing weakness to the enemy.

I'm not following the intelligence service of the Armed Forces of the Philippines (AFP) on the "Hello Gary" kidnapping, but I think we're looking up the wrong man.

The lady doesn't have the capability to tap phones. For you know, the side talker you tap is not a phone. He doesn't have the equipment to tap phones.

I got the information straight from the Gen. Victor Company when he was still hospitalized. I've been there in Camp since I am an assigned member of Philippine National Academy Class 1990. He promised to film, offered me access to his house and car.

Once, during a conversation with Victor Company in his office, the lady responded, I asked him if he and his were big enemies of the state, he replied, "We don't have the billions to do that, Ma'am."

I was taken aback because I had the impression that General Victor, Gen. Victor Company, then lady chief, was bugging him.

### ON TARGET



FRANCISCO JAYO























# Moody's seen to be in no mood to boost RP rating

By Davis C. Dierker

THE COUNTRY'S EFFORT TO BOOST its infrastructure and collective efficiency apparently has failed to make a dent on Moody's Investor Service, Philippine Secretary Gary Tirona yesterday said.

Tirona said reporters that he could not say whether Moody's, which was in Manila for a credit rating assessment last week, would lift its rating on the Philippines.

"I don't know the mind of Moody's," Tirona said. "They have not conveyed any message that I can discern.... During one talk, they said they were concerned about the collection of taxes, and improving tax administration and collection efficiency."

Last February, the US-based credit rating firm slashed the Philippines' sovereign credit rating by two notches to B1 from Baa2, citing its heightened vulnerability to economic, financial and political shocks due to ballooning public debt. With Moody's, the country's sovereign rating sits one notch four notches below the much coveted investment grade.

According to Moody's, bonds that are rated B "generally lack characteristics of the domestic investment, while securities of interest and principal payments or maintenance of other terms of the contract over any long period of time may be small."

Moody's, the most pessimistic among the three global rating agencies, also changed to "negative" from "stable" the outlook on Philippine government bond ratings last July when key economic managers quit the cabinet and the 1997 was suspended. Meanwhile, Tirona said a downturn in the economy would also hurt government revenues, as every 1 percentage drop in gross domestic product would result in 76 billion worth of foreign reserves.

The National Economic and Development Authority had projected that GDP would grow by only about 5 percent this year. Tirona said the government would have to find alternative ways to raise its funds.

But he insisted that, for this year, the government would maintain its cash budget deficit target of P233 billion.



A WEDDING feast in some parts of Palawan. Seaweed is a popular delicacy here, and is also being used to boost the tourism industry in the area. The government is expected to increase the local's share of the \$1 billion worth of global markets.

## A true measure of excellence.



### Equitable PCI Bank is the Best Domestic Bank in the Philippines for the second year in a row.

Being twice named the Asset, one of Asia's leading regional financial publications, has again named Equitable PCI Bank as "the Best Domestic Bank in the Philippines for 2005" in the Asset Asia's Country Awards.

After an extensive qualitative and quantitative rating of the bank's performance, Equitable PCI Bank was recognized for its excellence in the financial services industry in the region.

From branch to branch, equity is the focus of world-recognized and again this, all we do is bring stock to the Bank of Choice.

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Member, Financial Institutions in the Philippines

## Seaweed to top aquaculture trade in '06

By Christine A. Caplan

CARACAS AND ITS SEASIDE SEAFOOD products are expected to become the export leader in the country's \$700-million aquaculture industry next year.

"The Philippines is still the top exporter of high-grade carpenter in the world," said Ramon W. Mucang, president of the Chamber of Aquaculture and Aquaculture Industries in Singapore. "Several exports may not increase the doing made in the Japanese market's 100 dollar value for the country."

The Philippines accounts for 25 percent of the 140-million US market, Mucang said during the recent National Aquaculture Congress.

"What we have to solve is the raw material supply problem," said operator Ramon Mucang, whose company exports the biggest volume of seafood and semi-processed carpenter from the Philippines.

According to Dickey, processed seafood products have affected the production of the domestic aquaculture, the primary source of Philippine-produced carpenter.

Dickey's firm, Shanding Corp., is the largest producer of carpenter in Asia and the third largest in the world, with 1,000 acres employed and about 30,000 workers in the Philippines.

There has been a growing demand for semi-processed seafood exports—with applications in food, cosmetics, and medicine. Seaweed aquaculture recently decided to become the main of their products.

## Globe posts P300-M bond for 3G bands

By Clarence S. Baldo

GLOBE TELECOM INC. HAS POSTED A P300-million performance bond with the National Telecommunications Commission for 3G licenses in application for the third generation, or 3G, frequency bands that will allow it to offer more advanced mobile services.

Globe notes that previous and local of regulatory affairs Raulito S. Baldo and the joint venture of Globe Corp. and Singapore Telecom would allow it to 3G revolution in the Philippines similar to what it had done more than 10 years ago when it pioneered the digital wireless service.

The NTC, Baldo said, must award Globe the 3G radio frequency it was requesting as it could launch its 3G operations. The performance bond is a form of a guarantee from Globe that it will complete its 3G commitment for 3G.

"The needed frequency will be critical in our success in introducing and providing more of the next mobile services while protecting the interests of the existing 2G services in the Philippines," Baldo said.

Globe-owned 100% owned 3G operations among the applicants to have the best, cheapest and the fastest to get up the infrastructure and deliver the new service.

Aside from Globe, Smart Communications Inc. is also serious in pursuing 3G. Its parent, Philippine Telecom and Smart will spend about \$100 million in the first year of operating 3G.

Smart Mobile Pils Inc., Smart Telecom's subsidiary, and smaller players, such as World Wide Operations (Smart Mobile Inc.), 3G Communications Inc., Global Telecom Group, Comnetco International Resources Inc., Telecom Group, Mobile Media Telephony Inc., formerly controlled by Zetec of America and now owned by European Telecom and Pils, 3G Wireless Inc., will look to a 3G group—and all applying for 3G frequencies.

The NTC said it would award the 3G frequencies only to one year to qualified players. 3G will make possible high-speed data, video, and voice services where it can transfer data at a speed of 384 kbps to 2 Mbps against the current technology's maximum speed of 8 Kbps.









**DEREK** Reyes of Southeast Asia Fund Inc., Most Reyes, Raul Lopez T and his wife, Terecia Terecia, with the artist's widow, Emma Herrera



**DOMINGO** Admas, New York and cultural glass designer Ramon Ortiz



**FBI** president, lawyer Francis Dela Cruz, Doreen Ojeda, Laila Jorda and Michael N. Salas M. of PWS Bank



**PHOTO** art gallery and collector. During the ribbon-cutting for Art Exchange Gallery on business magnate Jessica Campos, Jr., chair and CEO Southeast Asia Fund Inc.; Sonora Lora of Army of Asia Office Company Laila Jorda, the gallery's main woman; Ramon Terecia, president of PWS Bank Insurance Co. Inc. and vice chair ST Insurance; Raul Lopez Terecia, Doreen Ojeda and Ray, Teddy Ray Lopez.



**SENATOR** C. Terecia and Laila Jorda



**RENOVED** photographer Ramon Jorda



**LAWRENCE** Ong and Mark Lee

# Gallery opens with Filipino master's works

**I**T WAS A BRIGHT ENOUGH EVENING that the art lovers gathered into the art space in Manila City for the opening of the Art Exchange Gallery.

For the inauguration, a major retrospective exhibition dedicated to the late master National Artist Jerry Elizalde Manansala was featured. A rare collection of his masterpieces, from an impressionist and San Francisco scenes like Last Sunday, October 1944, to his later works and Doreen Ojeda.

The master's new collection of paintings by the 100-year-old master, "Insider's view of the fine arts of the Philippines in the 20th century," was a rare going back 50 years, according to Laila Jorda. He started painting in the 1950s, mostly in the 1950s and 1960s.

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Manansala, with his master's works, is featured in the exhibition, which includes the master's masterpieces, from an impressionist and San Francisco scenes like Last Sunday, October 1944, to his later works and Doreen Ojeda.

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**STYLISH** women: Man's fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



**MDX**, Cal and Man's fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



**JANE** GALDOSA Rosa Ortiz and Raul Ojeda



**MAN'S** fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



**MAN'S** fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



**GALDOSA** Rosa Ortiz and Raul Ojeda



**MAN'S** fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



**MAN'S** fashion show, The Ocampo, and Philippine artist's "Most Stylish" award, Man's fashion show



# Message from (and in) water

**I**N THE '70s, AMERICAN polygraph expert Drew Baskin first raised questions in the scientific world with his revolutionary use of signs of posturing research, that plants seemed to human emotions and human thought.

Plants, Peter Tompkins and Christopher Tompkins' book, *Secret Language of Plants*, is a landmark in the history of botanical experiments in their book, *"The Secret Life of Plants"*, and now, in the 21st century, a Japanese doctor of alternative medicine, Etsuo Inoue, is sharing the scientific community with his discovery that even water molecules react to human emotions and thoughts.

In 1994, he began his research of water crystals, that changed shapes depending on what type of emotion, words and thoughts they were exposed to, as described in his fascinating book, *"Thinking From Water"*.

I first learned about the work of Dr. Inoue about two years ago from an American researcher who showed me the book written in Japanese. I acquired an English version of the book only five months from my Japanese friend Dr. Naoko Arima, an ophthalmologist with great interest in alternative medicine.

## Unknown

Dr. Inoue, who was also from Yokohama like him, said I asked him to look for the book in Japan. Apparently, Dr. Inoue is more popular outside Japan than in his country.

How did Dr. Inoue make his extraordinary discovery about water? He exposed the fluid water in various conditions and then froze it. He then took pictures of the

resulting crystals through a microscope. The crystals looked like snowflakes.

When water was exposed to beautiful musical notes, such as Bach's "Prelude," Mozart's "Symphony No. 40 in G Minor," or Beethoven's "Goldberg Variations," the water crystals formed more symmetrical and beautiful. When exposed to heavy metal music, the crystals' basic well-formed hexagonal structure broke up in perfect pieces.

"The water seems to have learned negatively to this music," according to Dr. Inoue. When exposed to Alan Pringle's "Water Breaks Free!" he observed three types of crystals. "The first is a picture of a basic hexagon structure, the second shows two parts trying to fuse together and the third shows a newly formed structure that resembles the difficult per-



**ETSUO INOUE**  
*Author of 'Thinking From Water'*

son here's searching for it. Inoue discovered, when he posed a question, Japanese word that meant "break" outside the border of the fluid water, leaving a crack, the resulting crystal formation was similar to that caused by exposure to heavy metal music, natural and in disaster.

When exposed to the words "the water was safe, I will tell you" the water crystal formed was right it was distorted, imprinted and dispersed.

When exposed to the words "I love you," the exposed hexagon was beautiful, "but by exposing love and gratitude," said Dr. Inoue, "the water seemed to end in an order changes acknowledge."

## Health implications

Since a human body is made up of 75 percent water, imagine the implications of those findings on our health and well-being?

Philippine leaders in alternative medicine, long practiced flowing powerful against or power words on water before making patients to drink it, I used to laugh at this practice because I could not see any connection between the "oil" and healing. When I may have to revise my initial skepticism and wonder to it.

Perhaps the proof or doctor's art of healing the water has a similar effect. Water-based medicine

where the color of water inside a sealed bottle changes right before the eyes of a multitude once blessed by a powerful healing.

In the '60s, an American, in search accident found that a strong intention improved on water by a monk released the growth of a fly and alleviated the fluidity of the liquid, though it was brought 30 miles away from where the monk first directed those intentions.

Dr. Inoue discovered a similar effect. When asked in an interview by Tokyo Japanese Society whether doctors made any difference when people prayed over water, Dr. Inoue replied, "We have only experienced once with that. But from that experience, doctors did not seem to notice. The intention and prayers of the person still influenced the water... However, my

feeling is what would make a difference is the purity of intent of the person doing the prayer."

"Is there a time lag on the effect of water, or is it immediate?" he was further asked.

Dr. Inoue replied, "In those cases, we would notice the water right away, so we would say the water is changed immediately."

After reading all these reports on the amazing effect of thoughts and emotions on water, I renewed or look in water in the water was once again before drinking water in a restaurant. I would now like to know first what the fluid was of the water who poured it into the glass.

**Note:** Call 813-7241 or 800-588-0100 for book. Find out further information on seminars and services offered by some kind healings.

# Bread provides needed fiber

**GARDENIA**  
High Fiber Bread can help you get your daily allowance of much-needed fiber.

Made of whole meal flour, it is a 100 percent whole product. Harvested with honey, it is also fortified with vitamins and minerals.

Gardenia High Fiber Wheat Bread is available for made or as a complete meal with the right filling.

Fiber helps maintain blood pressure and cholesterol at normal levels. It also helps prevent constipation and certain genetic-related diseases like diabetes. Some studies suggest it may also help prevent colorectal cancer.

Some experts say two slices of wheat bread each day provides some 10 grams of fiber. It is suggested that the body needs 25-40 grams of fiber a day.

Proper diet, in drinking sufficient amounts of fiber, should be complemented with adequate rest, regular exercise, healthy relationships, and a positive outlook in life, for good health and well-being.

## LIFESTYLE

## Fitness beliefs can get you in trouble

WHEN YOU BELIEVE something is true, you will do it. This is true for fitness beliefs, too. You may have heard that you can't lose weight without eating less.

Some are just a little unrealistic. The belief that exercise is effective only if you do it in the morning, that more cardio can get you in, is obsolete because they have the scientific evidence.

## No pain, no gain

Many people believe that intense exercise "burns" in some way it isn't doing them any good. That is dangerous because they may over-exercise and when they stop, thinking that is the way exercise is supposed to be.

A common problem that may be easily solved by changing the way the exercise is done because a chronic problem.

Exercise does require some effort, but for you to improve your fitness level that's only if it's called working out for you should work out just in the gym or outdoors. If it's hard, stop, slow down, or modify your exercise.

## Drinking water

Some people don't drink water during exercise, believing it will cause stomach cramps. This is not

a good idea. You need to replace electrolytes the water you lose through sweat when you work out.

There is no more important element to an exercising individual because performance is directly related to your state of hydration.

Some people also believe that drinking lots of water will make them fat. They might wonder who would ever believe that but it's not intelligent people who have fallen for the erroneous belief. They usually conclude of being. Muscles are made.

The more you lose your body's intake of water, the more the body tries to retain whatever little you give it. A simple way to know if you are drinking enough water is to look at the color of your urine. Urine that is dark yellow or pale yellow is a sign that you are drinking enough water. Urine that is dark yellow or pale yellow is a sign that you are drinking enough water.

## Sweat

The more you sweat, the more the body tries to retain whatever little you give it. A simple way to know if you are drinking enough water is to look at the color of your urine.

Urine that is dark yellow or pale yellow is a sign that you are drinking enough water. Urine that is dark yellow or pale yellow is a sign that you are drinking enough water.

## Well and Good

WEEK  
JANUARY



usually, they only lose three pounds of weight.

The second belief is that if you are not actually sweating while exercising, very few calories are being burned. People don't realize that the temperature and humidity of the surrounding air often the rate of perspiration when you exercise.

Running on a treadmill can be a cardiovascular gym may produce less visible sweat than running outside in the heat of the summer sun and you will burn many more calories. The third belief is using rubber resistance bands during while exercising produces more energy and that "burns more fat." This is dangerous because you can over-exercise your heart to work harder than it should.

## Exercising to lose weight

Exercising only to lose weight gives people one variable because, first, losing weight with the help of

exercise is a slow process as people get frustrated and stop exercising. Second, even if they are patient, they may start exercising in ways that harm their goal.

Either way, this article is designed to help you in your health because they are not on all the other benefits the improved cardiovascular system, a better immune system, less stress, better sleep patterns, cancer protection and mental health.

Second, they will probably eventually get back the weight they lost because lack of physical activity was one reason they were overweight to begin with.

## Eating junk

"I can eat whatever I want because I exercise." The quality of food you eat makes a big difference in your health. Regular exercise is no excuse to eat junk. Even when you eat junk, it's not a substitute for good nutrition. You may be able to be in better shape if you eat junk, but your health will still be damaged from eating the wrong things.

## Intestines

The way your body is made is affected by the bacteria in your digestive tract. Intestines are the most important part of your body.



principle of fitness. It can simply mean that they are generally healthy.

The danger is believing in a well-endowed intestine with no professional training is you are putting your body and health in the hands of an individual who only knows about health for his own body. Since everyone has different needs, the best way to get the most out of the intestine is to actually be healthy.

Many professionals believe in the importance of the intestine, but they don't know what it looks like. This

doesn't mean they are not good at what they do. Just because their intestine may be the best of people doesn't mean they are better than others.

It may be hard to take advice from someone who looks like a doctor, but it's better to take advice from someone who looks like a doctor. Since everyone has different needs, the best way to get the most out of the intestine is to actually be healthy.

For more information, visit [www.healthylivinginfo.com](http://www.healthylivinginfo.com).

## EXERCISE OF THE WEEK

## Supine hamstring stretch



THE EXERCISE STRETCHES THE HAMstrings of both of the thighs.

Equipment:  
Exercise mat  
Exercise techniques:

1. Lie on your back with one leg bent and the other straight.
2. Without holding the leg, pull it in toward your head. You will feel your hamstring stretching.
3. Place both your hands behind your thigh and slowly walk your hands up to meet the ankle. This will gently pull your

leg even more toward your head.

4. Hold the stretch for 15-20 seconds. Continue to stretch occasionally.

5. Do the other leg.

6. Repeat the stretch.

7. Keep your legs in a straight line as you stretch.

8. Keep your head on the floor. Do not lift your head or neck.

9. If you feel your leg, you will also feel a stretch in the neck.

Repetitions:  
Do this stretch 10 times.

THE MODEL here is a professional model. She is not a professional model.



## Sweet smell of the season

CHRISTMAS & HOLIDAY HAS OPENED A Christmas store at Loxley on the corner of Broadway and 10th Street.

The Christmas store is selling everything you need for the holidays. The store is located at 10th Street and Broadway. The store is open from 10am to 6pm.

With gifts, cards, and decorations, the store has everything you need for the holidays. The store is open from 10am to 6pm.

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## Mag shares healthy recipes

THIS DECEMBER, MENSHEALTH, THE world's largest men's magazine, suggests that you eat a diet that may be called the "MensHealth Diet." The diet is based on the foods that are good for you. The diet is based on the foods that are good for you.

The magazine also tells you how to get the most out of your diet. The magazine also tells you how to get the most out of your diet.

For more information, visit [www.menshealth.com](http://www.menshealth.com).